

Guidance to follow for attending Sunday services at Forest Gate Church

Now we are in 2022 we are needing to update our Covid guidelines. Our aim is to keep everything open and running as much as possible whilst keeping everyone safe.

- If you have any Covid symptoms please DO NOT attend church until you have had a negative test result.
- It is now a legal requirement (unless you are exempt) to wear a mask when attending church. You will be able to take your mask off once you are sat down, if you choose to do so, but please put it back on to move around the building.
- Please use the hand sanitiser provided on entering and leaving the building.
- If you have a positive Covid result from a PCR test, please contact Louise to inform the church of any cases. Then everyone can make their own assessment if they were a contact.
- If someone you live with tests positive from Covid we ask that you do not attend Sunday morning worship, any groups connected with Forest Gate (Little Sprouts, senior citizens coffee mornings) and home groups, etc for a 7-day period, provided you are testing negative. This way it ensures that you will be clear of contracting Covid yourself and in turn passing it unknowingly onto others.
- Please be aware that over the coming weeks that we are still required to ventilate the building even though the temperature outside will be reducing. The trustees have come up with a few measures that should ensure we are not cold but that there is good air flow. These range from opening the office door and window to bring air down into the main room on colder days and using a carbon dioxide monitor for the main room.
- We have now introduced a green bucket on the bookshelf at the front of the main room by the door to the coffee room, for anyone wanting to give a financial offering. Please only put your offering in before and after the service to reduce people moving around.
- We will return to having communion once a month (usually on the third Sunday) however, this will not be done in the traditional way but with individual cups and chocolate wrapped celebrations.

January 2022